

DINNERLY



Baked Panko-Crusted Fish with Warm Zucchini Pasta Salad



30 minutes



2 Servings

Bask in the sunny flavours of the Mediterranean with this delightful dish. Crust fish in parsley-flecked crumbs and bake until golden, then pair with pasta tossed in tomato, zucchini and fragrant Italian seasoning.

WHAT WE SEND

- parsley
- 2 zucchini
- 20g panko breadcrumbs¹
- 10g Tuscan seasoning¹⁷
- basa fish pieces⁴
- 200g shell pasta¹

WHAT YOU NEED

- 1 garlic clove
- 2 tbs olive oil
- 1 tbs dijon mustard¹⁷
- 1 tbs tomato paste

TOOLS

- oven tray
- baking paper
- medium saucepan
- julienne peeler (optional)
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Fish (4), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 710kcal, Fat 23.8g, Carbs 87.4g, Proteins 32.5g



1. Prep ingredients

Preheat oven to 220C. Line an oven tray with baking paper. Bring a medium saucepan of water to the boil for the pasta. Pick the **parsley** leaves and finely chop the stems. Crush or finely chop **1 garlic clove**. Shred the **zucchini** using a julienne peeler or halve lengthwise and thinly slice.



2. Crumb and cook fish

Put the **breadcrumbs**, **parsley stems**, **2 tsp Tuscan seasoning** and **2 tsp olive oil** in a shallow bowl, season with **salt and pepper** and stir to combine. Coat the top of the **fish** with **1 tbs dijon mustard**, then press in the **breadcrumb mixture** to coat. Put on the lined tray and bake for 10-12 mins until golden and cooked through (see Kitchen 101).



3. Cook pasta

Meanwhile, cook the **pasta** in the pan of boiling water for 11 mins or until al dente. Drain.



4. Make sauce

While the pasta is cooking, heat **1½ tbs olive oil** in a medium deep frypan over medium heat. Cook the **garlic** and **1 tbs tomato paste**, stirring, for 1 min or until fragrant. Stir in the **remaining Tuscan seasoning** and **80ml (⅓ cup) water** and bring to a simmer. Cook, stirring regularly, for 2-4 mins until the sauce is slightly reduced.



5. Serve up

Add the **zucchini** and **parsley leaves** to the sauce and cook, stirring, for 2 mins or until the zucchini is tender. Add the **pasta** and stir to combine and warm through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the pasta among plates, top with the **fish** and enjoy!



6. Kitchen 101

Not sure if your fish is cooked through? Simply use a fork or the tip of a knife to take a peek inside the thickest part of the flesh; if it comes apart easily, the fish is cooked.